

November 2020...



Fitness in the park
www.saparksandrec.com

Travis Park

Fitness in the Park is a year-round free exercise program that brings a variety of indoor and outdoor fitness classes throughout San Antonio. Getting started is easy! Just take a look at the current schedule and join us. There is no registration required. Classes are open to all fitness levels.



@SAParksandRec

WEATHER HOTLINE (210) 207-3128



**CITY OF SAN ANTONIO
PARKS & RECREATION**



SPOTLIGHT

Veterans Day Challenge

Join us for a special Veterans Day workout as we honor our service men and women!

Woodlawn Lake Park

1103 Cincinnati (meet at the gym)

6:30 pm

5K Foot March

7:30 pm

SPEAR Training Workout



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Fitness Disciplines

In order to better serve you, we have categorized targeted classes into the following fitness disciplines. This categorization will allow us to potentially offer substitutions when necessary.

FLEXIBILITY

Classes categorized as flexibility class revolve around stretching as well as slow and controlled movement.

CORE

Concerned about your posture? These exercises focus on working abdominal muscles and muscles around the torso.

STRENGTH

Geared towards increasing strength, expect to feel your muscles burn and your body to sweat with these high intensity exercises.

CARDIO

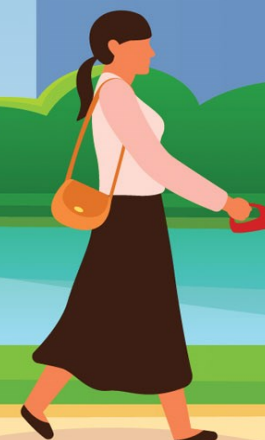
Prepare to sweat! Join these activities that keep your heart rate elevated.

LOW IMPACT

Need less intense options? These classes include more gentle movements that are effective on a variety of mobility and balance abilities.

Safety Procedures

- **Do not use parks, trails, amenities, or participate in fitness classes if you are exhibiting symptoms**
- **Observe CDC's recommended social distancing of 6ft from other persons at all times**
- **Face coverings recommended but not required for outdoor classes**
- **Equipment will not be shared between participants during class**
- **All equipment will be sanitized by the instructor at the end of each class**
- **Limited capacity at indoor classes**
- **Participants will need to reserve a spot for indoor classes at www.saparksandrec.com**



CITY OF SAN ANTONIO
PARKS & RECREATION

Strength

Boot Camp classes are moderate to high intensity and designed to build strength and cardio fitness levels. Exercises are a mix of strength training and high intensity cardio intervals. Boot Camp workouts will challenge every muscle in your body. **Circuit Training** classes are moderate intensity and include a variety of exercises geared towards increasing endurance, power, strength, stamina, and speed. The goal of each class is to provide a total body workout. An exercise “Circuit” refers to one completion of all prescribed exercises in the program. **Interval Training** includes many of the same movements that comprise a boot camp or circuit training session. Interval training is unique due to the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session resulting in a complete body workout. Interval Training classes are extremely high intensity & will burn a high number of calories!

Day	Class Name	Location	Time	Duration	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Circuit Training	Lou Kardon Park	9:00 am	60 minutes	18 +	Outdoor	Playground	
Monday	Cross Training	Garza Park	5:30 pm	60 minutes	18 +	Indoor	Garza Community Center	*No class 11/23
Monday	Boot Camp	Kenwood Park	5:30 pm	60 minutes	18 +	Outdoor	Mobile Fit	11/2 only
Monday	Boot Camp	Nani Falcone Park	5:30 pm	60 minutes	18 +	Outdoor	Mobile Fit	11/16 only
Monday	Boot Camp	Stinson Park	5:30 pm	60 minutes	18 +	Outdoor	Mobile Fit	11/30 only
Monday	Kettlebell Boot Camp	Enrique Barrera Fitness Center	6:00 pm	60 minutes	18 +	Indoor	Fitness Center	
Monday	Boot Camp	Woodlawn Lake Park	6:30 pm	60 minutes	18 +	Outdoor	Woodlawn Lake Gym	
Tuesday	Circuit Training	Normoyle Park	8:30 am	60 minutes	18 +	Outdoor	FitLot Outdoor Fitness Station	
Tuesday	Interval Training	Southside Lions Park	9:00 am	45 minutes	18 +	Outdoor	Southside Lions Community Center	
Tuesday	Interval Training	Enrique Barrera Fitness Center	12:00 pm	45 minutes	18 +	Indoor	Fitness Center	
Tuesday	Total Body Toning	Granados Park	5:30 pm	60 minutes	18 +	Outdoor	Parking lot	*No class 11/3
Tuesday	Interval Training	Elmendorf Lake Park	6:00 pm	45 minutes	18 +	Outdoor	Outdoor restrooms	
Tuesday	Boot Camp	West End Park	6:00 pm	60 minutes	18 +	Outdoor	Outdoor basketball court	
Tuesday	Body Bar Burn	Enrique Barrera Fitness Center	6:00 pm	45 minutes	18 +	Indoor	Fitness Center	
Wednesday	Beginner Fitness	Monterrey Park	8:30 am	45 minutes	18 +	Outdoor	Playground	*No class 11/11
Wednesday	Boot Camp	Commander’s House Park	12:00 pm	60 minutes	18 +	Outdoor	Park lawn	*No class 11/11
Wednesday	Cross Training	Garza Park	5:30 pm	60 minutes	18 +	Indoor	Garza Community Center	*No class 11/11 & 11/25
Thursday	Circuit Training	Woodlawn Lake Park	9:00 am	60 minutes	18 +	Outdoor	Outdoor tennis courts	*No class 11/26

Strength

SPEAR (Strength Power Endurance and Resistance) training classes follow the CrossFit methodology and include constantly varied functional movements performed at high intensity. The exercises are core strength and conditioning based with workouts being task or time based. These movements reflect the best aspects of gymnastics, weightlifting, running, throwing, and more. This fitness discipline is diverse and productive. These exercises are designed for all fitness levels! Classes instructed by a CF-L1 Trainer. **Dumbbell Explosion** classes will test your muscular strength & endurance with fast-paced and challenging exercises using a pair of dumbbells. Looking for a total body workout, then **Body Bar Burn** is the perfect class for you! Participants will use a weighted fitness bar while performing exercises, and each class is designed to target all the major muscle groups.

Day	Class Name	Location	Time	Duration	Ages	Indoor / Outdoor	Meeting Place	Notes
Thursday	Interval Training	Enrique Barrera Fitness Center	12:00 pm	45 minutes	18 +	Indoor	Fitness Center	*No class 11/26
Thursday	Total Body Toning	Granados Park	5:30 pm	60 minutes	18 +	Outdoor	Parking lot	*No class 11/5 & 11/26
Thursday	Dumbbell Explosion	Enrique Barrera Fitness Center	6:00 pm	45 minutes	18 +	Indoor	Fitness Center	*No class 11/26
Thursday	Circuit Training	Golden Community Park	6:00 pm	60 minutes	18 +	Outdoor	Pavilion	*No class 11/26
Thursday	SPEAR Training	Woodlawn Lake Park	6:30 pm	60 minutes	18 +	Outdoor	Woodlawn Lake Gym	*No class 11/26
Thursday	Interval Training	Woodlawn Lake Park	7:30 pm	45 minutes	18 +	Outdoor	Woodlawn Lake Gym	*No class 11/26
Friday	Circuit Training	Villa Coronado Park	8:00 am	60 minutes	18 +	Outdoor	Mobile Fit	11/6 only
Friday	Circuit Training	Blossom Park	8:00 am	60 minutes	18 +	Outdoor	Mobile Fit	11/20
Friday	Cross Training	Garza Park	5:30 pm	60 minutes	18 +	Indoor	Garza Community Center	*No class 11/27
Saturday	Bodyweight Strength	O.P. Schnabel Park	9:00 am	45 minutes	18 +	Outdoor	Graff Pavilion	
Saturday	SPEAR Training	San Pedro Springs Park	9:00 am	60 minutes	18 +	Outdoor	Field near McFarlin Tennis Center	
Saturday	Boot Camp	Pearsall Park	9:00 am	60 minutes	18 +	Outdoor	Pavilion	*No class 11/21
Saturday	Interval Training	Pittman-Sullivan Park	10:00 am	60 minutes	18 +	Outdoor	Mobile Fit	11/28 only
Saturday	Interval Training	Levi Strauss Park	10:00 am	60 minutes	18 +	Outdoor	Mobile Fit	11/14 only
Saturday	Circuit Training	San Pedro Springs Park	10:00 am	60 minutes	18 +	Outdoor	Field near McFarlin Tennis Center	
Sunday	Boot Camp	Southside Lions Park	9:00 am	60 minutes	18 +	Outdoor	Southside Lions Community Center	*No class 11/22
Sunday	Circuit Training	Dellcrest Park	10:30 am	60 minutes	18 +	Outdoor	Playground	*No class 11/22

Low Impact

Low Impact Circuit workouts are a great way to get active while reducing the risk of injury with exercises that less strenuous on the joints. Low Impact Circuit Training classes are moderate intensity, but without high impact exercise such as sprinting & jumping.

Functional Fitness & Strength & Balance classes are low impact class designed to help people perform daily tasks with ease. This will include exercises that mimic the movements of daily activities such as; walking, squatting, bending , pushing, pulling, and more.

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Functional Fitness	Lackland Terrace Park	9:00 am	45 minutes	18 +	Indoor	Gill Community Center	*No class 11/2
Monday	Functional Fitness	Lackland Terrace Park	10:00 am	45 minutes	18 +	Indoor	Gill Community Center	*No class 11/2
Thursday	Low Impact Circuit	Collins Garden Park	9:00 am	60 minutes	18 +	Outdoor	Mobile Fit	11/12 only
Friday	Strength & Balance	Lackland Terrace Park	10:00 am	45 minutes	18 +	Indoor	Gill Community Center	*No class 11/6 & 11/27
Friday	Strength & Balance	Lackland Terrace Park	11:00 am	45 minutes	18 +	Indoor	Gill Community Center	*No class 11/6 & 11/27

Core

Core Training classes will blast your abs by performing specific exercises to strengthen the muscles. These moderate intensity classes will have you feeling the burn! **Core Rhythms** will take your ab workout to the next level by synergizing ab exercises to the energy packed beat of the music!

CoRE class is a combination of core training exercises with respiratory endurance exercises to get a total core workout. Class will be modeled after the U.S. Army Physical Readiness Training (PRT) philosophy and techniques

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	CoRE	Woodlawn Lake Park	7:30 pm	45 minutes	18 +	Outdoor	Woodlawn Lake Gym	
Tuesday	Core Rhythms	Harlandale Park	6:00 pm	45 minutes	18 +	Indoor	Harlandale Community Center	*No class 11/24
Tuesday	Core Training	Elmendorf Lake Park	7:00 pm	30 minutes	18 +	Outdoor	Outdoor restrooms	
Tuesday	Core Training	West End Park	7:00 pm	30 minutes	18 +	Outdoor	Outdoor basketball court	
Thursday	Core Rhythms	Woodard Park	6:00 pm	45 minutes	18 +	Indoor	Woodard Community Center	*No class 11/26
Thursday	Core Training	Golden Community Park	7:00 pm	30 minutes	18 +	Outdoor	Pavilion	*No class 11/26
Saturday	Core Training	Pearsall Park	10:00 am	30 minutes	18 +	Outdoor	Pavilion	*No class 11/21



Zen & Flexibility

Yoga classes will exercise your mind, body, and soul. Yoga helps reduce stress and anxiety, improve flexibility, and strengthen respiratory functions.



Cuellar Park

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Tuesday	Yoga	Southside Lions Park	10:00 am	60 minutes	18 +	Outdoor	Southside Lions Community Center	
Tuesday	Chair Yoga	Commander’s House	1:30 pm	45 minutes	18 +	Indoor	Commander’s House Adult & Senior Center	*No class 11/3
Tuesday	Yoga	Monterrey Park	5:00 pm	60 minutes	18 +	Indoor	Melendrez Community Center	
Thursday	Yoga	Woodlawn Lake Park	10:00 am	60 minutes	18 +	Outdoor	Outdoor tennis courts	*No class 11/26

Cardio

Our **Cardio Kickboxing** classes combine strength, endurance, and interval moves into a cardio burning workout! Participants will kick, punch, and jab their way to an intense cardio workout. **Cardio Fit** classes will get participants’ hearts pumping with rhythmic aerobic exercises and strength training interval bases routines.

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Tuesday	Cardio Fit	Miller’s Pond Park	6:30 am	60 minutes	18 +	Outdoor	Mobile Fit	11/10 only
Tuesday	Cardio Fit	McAllister Park	6:30 am	60 minutes	18 +	Outdoor	Turkey Roost Pavilion	11/24 only
Wednesday	Kickboxing	Pittman-Sullivan Park	6:00 pm	60 minutes	18 +	Outdoor	Mobile Fit	11/4 only
Wednesday	Kickboxing	Bonnie Conner Park	6:00 pm	60 minutes	18 +	Outdoor	Mobile Fit	11/18 only

Zumba

Working out doesn't feel like work when you're having fun. Dance, through **Zumba**, is a fun and engaging exercise that allows you to burn calories, improve tone and increase your endurance. Our Zumba classes always feel like a party. Join us and party yourself into shape.

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Zumba	Southside Lions Park	6:00 pm	45 minutes	8 +	Indoor	Southside Lions Community Center	*No class 11/23
Tuesday	Zumba Gold	Commander's House	9:30 am	45 minutes	18 +	Outdoor	Commander's House Adult & Senior Center	*No class 11/3
Tuesday	Zumba	Harlandale Park	7:00 pm	60 minutes	8 +	Indoor	Harlandale Community Center	*No class 11/24
Thursday	Zumba	Woodard Park	7:00 pm	60 minutes	8 +	Indoor	Woodard Community Center	*No class 11/26
Saturday	Zumba	Copernicus Park	10:30 am	60 minutes	8 +	Indoor	Copernicus Community Center	



Harlandale Park

Dance Fitness

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Monday	Hula Dance	LBJ Park	6:00 pm	120 minutes	6 +	Indoor	Lou Hamilton Community Center	*No class 11/23
Monday	Hip Hop Dance	Copernicus Park	7:30 pm	60 minutes	18 +	Outdoor	Outdoor tennis courts	
Wednesday	Hula Dance	LBJ Park	6:00 pm	120 minutes	6 +	Indoor	Lou Hamilton Community Center	*No class 11/11 & 11/25
Thursday	Beginner Line Dance	Brackenridge Park	9:00 am	45 minutes	18 +	Outdoor	Koehler Pavilion	*No class 11/26
Thursday	Improved Line Dance	Brackenridge Park	10:00 am	45 minutes	18 +	Outdoor	Koehler Pavilion	*No class 11/26
Thursday	Intermediate Line Dance	Brackenridge Park	11:00 am	45 minutes	18 +	Outdoor	Koehler Pavilion	*No class 11/26
Thursday	Dance Mix	Harlandale Park	6:30 pm	60 minutes	18 +	Indoor	Harlandale Community Center	*No class 11/5 & 11/26
Thursday	World Dance	Dellview Park	6:30 pm	60 minutes	18 +	Outdoor	Pavilion	*No class 11/26
Thursday	Hip Hop Dance	Copernicus Park	7:30 pm	60 minutes	18 +	Outdoor	Outdoor tennis courts	*No class 11/26
Saturday	Hip Hop Dance	Copernicus Park	9:00 am	60 minutes	18 +	Outdoor	Outdoor tennis courts	*No class 11/21
Saturday	Mo' Dancing	Garza Park	12:00 pm	60 minutes	18 +	Indoor	Garza Community Center	*No class 11/28



Joe Ward Park



San Antonio Natatorium

Aqua Fitness

Aqua Fitness classes include the exciting pool party you don't want to miss, **Aqua Zumba**. We also have the intense in full body workout of Aqua Boot Camp. **Aqua Boot Camp** classes will include exercises in and out of water.

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Tuesday	Aqua Boot Camp	San Antonio Natatorium	11:30 am	1 hour	18 +	Indoor	Diving well	*No class 11/3 & 11/10
Thursday	Aqua Boot Camp	San Antonio Natatorium	11:30 am	1 hour	18 +	Indoor	Diving well	*No class 11/5, 11/12, & 11/26
Saturday	Aqua Zumba	San Antonio Natatorium	11:30 am	1 hour	18 +	Indoor	Recreation pool	Class held on 11/21 only

Other Fitness Opportunities

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Tuesday	Walking Group	Commander's House	8:30 am	60 minutes	18 +	Outdoor	Commander's House	*No class 11/3
Tuesday	Stroller Barre hosted by Fit4MOM North San Antonio	Phil Hardberger Park East	9:30 am	60 minutes	18 +	Outdoor	Playground	1st Tuesday of the month. Participants must reserve a spot at https://northsanantonio.fit4mom.com/schedule
Tuesday	Volleyball Conditioning	Woodard Park	6:00 pm	120 minutes	11—17	Indoor	Woodard Community Center	*No class 11/24
Tuesday	Walking Group	Miller's Pond Park	6:30 pm	60 minutes	11 +	Outdoor	Miller's Pond Community Center	*No class 11/24
Thursday	Walking Group	Miller's Pond Park	6:30 pm	60 minutes	11 +	Outdoor	Miller's Pond Community Center	*No class 11/26
Friday	Home School PE	Enrique Barreara Fitness Center	1:00 pm	60 minutes	4—17	Indoor	Fitness Center	*No class 11/27



San Pedro Springs Park

Net Sports

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by San Antonio Learning Through Tennis (SALTT) and the San Antonio Tennis Association (SATA) are perfect for those that want to get back into the "swing" of things. For a variation on traditional tennis, try one of the fastest growing sports in America—Pickleball!



San Pedro Springs Park

Day	Class Name	Location	Time	Class Length	Ages	Indoor / Outdoor	Meeting Place	Notes
Wednesday	Beginner Tennis hosted by SALTT	Fairchild Park	6:00 pm	60 minutes	6 +	Outdoor	Fairchild Tennis Center Courts 14-15	*No class 11/4 & 11/11
Thursday	Beginner Tennis hosted by SATA	San Pedro Springs Park	5:30 pm	120 minutes	6 +	Outdoor	McFarlin Tennis Center courts 17-19	*No class 11/26
Saturday	Pickleball	LBJ Park	9:00 am	120 minutes	10 +	Indoor	Lou Hamilton Community Center	



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Fitness in the park

Troops for Fitness is a series of fitness classes taught by skilled military veterans. The San Antonio Parks and Recreation Department is proud to offer veteran led classes.

The Following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Circuit Training**

San Pedro Springs Park
Lou Kardon Park
Normoyle Park

- **Boot Camp**

Woodlawn Lake Park

- **Interval Training**

Woodlawn Lake Park

- **SPEAR**

Woodlawn Lake Park
San Pedro Springs Park

- **Core Training**

Woodlawn Lake Park

- **Low Impact**

Lackland Terrace Park

- **Yoga**

Monterrey Park



Woodlawn Lake Park

COSTUME & RACE PRIZES!

REGISTER TODAY!

**HALLOWEEN
HUSTLE**
VIRTUAL 5K

OCT 30 - NOV 1

RACE & REGISTRATION INFO AT: WWW.SAPARKSANDREC.COM

FREE!

FOR ALL AGES

FIRST 500 PEOPLE
WILL RECEIVE A MEDAL

 CITY OF SAN ANTONIO
PARKS & RECREATION

   
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Weekly Schedule

October – November 2020

**Monday
October 26**

5:30 pm
Cross Training Garza Park
6:00 pm
Hula Dance LBJ Park
Kettlebell Boot Camp Barrera FC
Zumba Southside Lions Park
6:30 pm
Boot Camp Woodlawn Lake Park
7:30 pm
CoRE Woodlawn Lake Park
Hip Hop Dance Copernicus Park



Home Bodies @
SAparksandRec

**Tuesday
October 27**

8:30 am
Circuit Training Normoyle Park
12:00 pm
Interval Training Barrera FC
5:00 pm
Yoga Monterrey Park
6:00 pm
Interval Training Elmendorf Lake Park
Core Rhythms Harlandale Park
Body Bar Burn Barrera FC
Boot Camp West End Park
7:00 pm
Zumba Harlandale Park
Core Training Elmendorf Lake Park
Core Training West End Park

**Wednesday
October 28**

8:30 am
Beginner Fitness Monterrey Park
12:00 pm
Boot Camp Commander's House
5:30 pm
Cross Training Garza Park
6:00 pm
Hula Dance LBJ Park

**Thursday
October 29**

12:00 pm
Interval Training Barrera FC
6:00 pm
Core Rhythms Woodard Park
Dumbbell Explosion Barrera FC
Circuit Training Golden Community Park
6:30 pm
SPEAR Training Woodlawn Lake Park
7:00 pm
Zumba Woodard Park
Core Training Golden Community Park
7:30 pm
Interval Training Woodlawn Lake Park
Hip Hop Dance Copernicus Park

**Friday
October 30**

1:00 pm
Home School PE Barrera FC
5:30 pm
Cross Training Garza Park

**Saturday
October 31**

9:00 am
SPEAR Training San Pedro Springs Park
Boot Camp Pearsall Park
Pickleball LBJ Park
Hip Hop Dance Copernicus Park
10:00 am
Circuit Training San Pedro Springs Park
Core Training Pearsall Park
10:30 am
Zumba Copernicus Park



**Sunday
November 1**

9:00 am
Boot Camp Southside Lions Park
10:30 am
Circuit Training Dellcrest Park



Home Bodies @
SAparksandRec

Weekly Schedule

November 2020

**Monday
November 2**

9:00 am
Circuit Training Lou Kardon Park

5:30 pm
Cross Training Garza Park

6:00 pm
Kettlebell Boot Camp Barrera FC

Hula Dance LBJ Park

Zumba Southside Lions Park

5:30 pm
Boot Camp Crockett Park

6:30 pm
Boot Camp Woodlawn Lake Park

7:30 pm
CoRE Woodlawn Lake Park

Hip Hop Dance Copernicus Park



**Home Bodies @
SAparksandRec**

**Tuesday
November 3**

8:30 am
Circuit Training Normoyle Park

9:00 am
Interval Training Southside Lions Park

9:30 am
Stroller Barre Hardberger Park East

10:00 am
Yoga Southside Lions Park

12:00 pm
Interval Training Barrera FC

5:00 pm
Yoga Monterrey Park

6:00 pm
Interval Training Elmendorf Lake Park

Boot Camp West End Park

Body Bar Burn Barrera FC

Core Rhythms Harlandale Park

Volleyball Conditioning Woodard Park

6:30 pm
Walking Group Miller's Pond Park

7:00 pm
Core Training Elmendorf Lake Park

Core Training West End Park

Zumba Harlandale Park

**Wednesday
November 4**

8:30 am
Beginner Fitness Monterrey Park

12:00 pm
Boot Camp Commander's House Park

5:30 pm
Cross Training Garza Park

6:00 pm
Hula Dance LBJ Park

Kickboxing Pittman-Sullivan Park

**Thursday
November 5**

9:00 am
Circuit Training Woodlawn Lake Park

Beginner Line Dance Brackenridge Park

10:00 am
Yoga Woodlawn Lake Park

Improved Line Dance Brackenridge Park

11:00 am
Intermediate Line Dance Brackenridge Park

12:00 pm
Interval Training Barrera FC

5:30 pm
Beginner Tennis San Pedro Springs Park

6:00 pm
Dumbbell Explosion Barrera FC

Circuit Training Golden Community Park

Core Rhythms Woodard Park

6:30 pm
SPEAR Training Woodlawn Lake Park

World Dance Dellview Park

Walking Group Miller's Pond Park

7:00 pm
Core Training Golden Community Park

Zumba Woodard Park

7:30 pm
Interval Training Woodlawn Lake Park

Hip Hop Dance Copernicus Park

**Friday
November 6**

8:00 am
Circuit Training Stinson Park

1:00 pm
Home School PE Barrera FC

5:30 pm
Cross Training Garza Park



**Home Bodies @
SAparksandRec**

**Saturday
November 7**

9:00 am
Bodyweight Strength O.P. Schnabel Park

SPEAR Training San Pedro Springs Park

Boot Camp Pearsall Park

Hip Hop Dance Copernicus Park

Pickleball LBJ Park

10:00 am
Circuit Training San Pedro Springs Park

Core Training Pearsall Park

10:30 am
Zumba Copernicus Park

12:00 pm
Mo' Dancing Garza Park

**Sunday
November 8**

9:00 am
Boot Camp Southside Lions Park

10:30 am
Circuit Training Dellcrest Park

Weekly Schedule

November 2020

**Monday
November 9**

9:00 am
Functional Fitness Lackland Terrace Park
Circuit Training Lou Kardon Park

10:00 am
Functional Fitness Lackland Terrace Park

5:30 pm
Cross Training Garza Park

6:00 pm
Kettlebell Boot Camp Barrera FC
Hula Dance LBJ Park
Zumba Southside Lions Park

6:30 pm
Boot Camp Woodlawn Lake Park

7:30 pm
CoRE Woodlawn Lake Park
Hip Hop Dance Copernicus Park



**Home Bodies @
SAparksandRec**

**Tuesday
November 10**

6:30 am
Cardio Fit Miller's Pond Park

8:30 am
Circuit Training Normoyle Park
Walking Group Commander's House

9:00 am
Interval Training Southside Lions Park

9:30 am
Zumba Gold Commander's House

10:00 am
Yoga Southside Lions Park

12:00 pm
Interval Training Barrera FC

1:30 pm
Chair Yoga Commander's House

5:00 pm
Yoga Monterrey Park

5:30 pm
Total Body Toning Granados Park

6:00 pm
Interval Training Elmendorf Lake Park
Boot Camp West End Park
Body Bar Burn Barrera FC
Core Rhythms Harlandale Park
Volleyball Conditioning Woodard Park

6:30 pm
Walking Group Miller's Pond Park

7:00 pm
Core Training Elmendorf Lake Park
Core Training West End Park
Zumba Harlandale Park

**Wednesday
November 11**



6:30 pm
Veterans Day Challenge
Woodlawn Lake Park

**Thursday
November 12**

9:00 am
Circuit Training Woodlawn Lake Park
Beginner Line Dance Brackenridge Park
Low Impact Circuit Collins Garden Park

10:00 am
Yoga Woodlawn Lake Park
Improved Line Dance Brackenridge Park

11:00 am
Intermediate Line Dance Brackenridge Park

12:00 pm
Interval Training Barrera FC

5:30 pm
Beginner Tennis San Pedro Springs Park
Total Body Toning Granados Park

6:00 pm
Dumbbell Explosion Barrera FC
Circuit Training Golden Community Park
Core Rhythms Woodard Park

6:30 pm
SPEAR Training Woodlawn Lake Park
Dance Mix Harlandale Park
World Dance Dellview Park
Walking Group Miller's Pond Park

7:00 pm
Core Training Golden Community Park
Zumba Woodard Park

7:30 pm
Interval Training Woodlawn Lake Park
Hip Hop Dance Copernicus Park

**Friday
November 13**

10:00 am
Strength & Balance Lackland Terrace Park

11:00 am
Strength & Balance Lackland Terrace Park

1:00 pm
Home School PE Barrera FC

5:30 pm
Cross Training Garza Park



**Home Bodies @
SAparksandRec**

**Saturday
November 14**

8:00 am
Interval Training Levi Strauss Park

9:00 am
Bodyweight Strength O.P. Schnabel Park
SPEAR Training San Pedro Springs Park
Boot Camp Pearsall Park
Hip Hop Dance Copernicus Park
Pickleball LBJ Park

10:00 am
Circuit Training San Pedro Springs Park
Core Training Pearsall Park

10:30 am
Zumba Copernicus Park

12:00 pm
Mo' Dancing Garza Park

**Sunday
November 15**

9:00 am
Boot Camp Southside Lions Park

10:30 am
Circuit Training Dellcrest Park

Weekly Schedule

November 2020

Monday
November 16

9:00 am
Functional Fitness Lackland Terrace Park
Circuit Training Lou Kardon Park



10:00 am
Functional Fitness Lackland Terrace Park

5:30 pm
Cross Training Garza Park
Boot Camp Nani Falcone Park

6:00 pm
Kettlebell Boot Camp Barrera FC
Hula Dance LBJ Park
Zumba Southside Lions Park

6:30 pm
Boot Camp Woodlawn Lake Park

7:30 pm
CoRE Woodlawn Lake Park
Hip Hop Dance Copernicus Park


Home Bodies @
SAparksandRec

Tuesday
November 17

8:30 am
Circuit Training Normoyle Park
Walking Group Commander's House

9:00 am
Interval Training Southside Lions Park

9:30 am
Zumba Gold Commander's House

10:00 am
Yoga Southside Lions Park

11:30 am
Aqua Boot Camp SA Natatorium

12:00 pm
Interval Training Barrera FC

1:30 pm
Chair Yoga Commander's House

5:00 pm
Yoga Monterrey Park

5:30 pm
Total Body Toning Granados Park

6:00 pm
Interval Training Elmendorf Lake Park
Boot Camp West End Park
Body Bar Burn Barrera FC
Core Rhythms Harlandale Park
Volleyball Conditioning Woodard Park

6:30 pm
Walking Group Miller's Pond Park

7:00 pm
Core Training Elmendorf Lake Park
Core Training West End Park
Zumba Harlandale Park

Wednesday
November 18

8:30 am
Beginner Fitness Monterrey Park

12:00 pm
Boot Camp Commander's House Park

5:30 pm
Cross Training Garza Park

6:00 pm
Hula Dance LBJ Park
Beginner Tennis Fairchild Park
Kickboxing Bonnie Conner Park

Thursday
November 19

9:00 am
Circuit Training Woodlawn Lake Park
Beginner Line Dance Brackenridge Park

10:00 am
Yoga Woodlawn Lake Park
Improved Line Dance Brackenridge Park

11:00 am
Intermediate Line Dance Brackenridge Park

11:30 am
Aqua Boot Camp SA Natatorium

12:00 pm
Interval Training Barrera FC

5:30 pm
Beginner Tennis San Pedro Springs Park
Total Body Toning Granados Park

6:00 pm
Dumbbell Explosion Barrera FC
Circuit Training Golden Community Park
Core Rhythms Woodard Park

6:30 pm
SPEAR Training Woodlawn Lake Park
Dance Mix Harlandale Park
World Dance Dellview Park
Walking Group Miller's Pond Park

7:00 pm
Core Training Golden Community Park
Zumba Woodard Park

7:30 pm
Interval Training Woodlawn Lake Park
Hip Hop Dance Copernicus Park

Friday
November 20

8:00 am
Circuit Training Blossom Park

10:00 am
Strength & Balance Lackland Terrace Park

11:00 am
Strength & Balance Lackland Terrace Park

1:00 pm
Home School PE Barrera FC

5:30 pm
Cross Training Garza Park


Home Bodies @
SAparksandRec

Saturday
November 21

9:00 am
Bodyweight Strength O.P. Schnabel Park
SPEAR Training San Pedro Springs Park
Pickleball LBJ Park

10:00 am
Circuit Training San Pedro Springs Park

10:30 am
Zumba Copernicus Park

11:30 am
Aqua Zumba SA Natatorium

12:00 pm
Mo' Dancing Garza Park

Sunday
November 22

Weekly Schedule

November 2020

Monday
November 23

9:00 am
Functional Fitness Lackland Terrace Park
Circuit Training Lou Kardon Park
10:00 am
Functional Fitness Lackland Terrace Park
6:00 pm
Kettlebell Boot Camp Barrera FC
6:30 pm
Boot Camp Woodlawn Lake Park
7:30 pm
CoRE Woodlawn Lake Park
Hip Hop Dance Copernicus Park


Home Bodies @
SAparksandRec

Tuesday
November 24

6:30 am
Cardio Fit McAllister Park
8:30 am
Circuit Training Normoyle Park
Walking Group Commander's House
9:00 am
Interval Training Southside Lions Park
9:30 am
Zumba Gold Commander's House
10:00 am
Yoga Southside Lions Park
11:30 am
Aqua Boot Camp SA Natatorium
12:00 pm
Interval Training Barrera FC
1:30 pm
Chair Yoga Commander's House
5:00 pm
Yoga Monterrey Park
5:30 pm
Total Body Toning Granados Park
6:00 pm
Interval Training Elmendorf Lake Park
Boot Camp West End Park
Body Bar Burn Barrera FC
7:00 pm
Core Training Elmendorf Lake Park
Core Training West End Park

Wednesday
November 25

8:30 am
Beginner Fitness Monterrey Park
12:00 pm
Boot Camp Commander's House Park
6:00 pm
Beginner Tennis Fairchild Park

Thursday
November 26



Friday
November 27


Home Bodies @
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Saturday
November 28

9:00 am
Bodyweight Strength O.P. Schnabel Park
SPEAR Training San Pedro Springs Park
Boot Camp Pearsall Park
Hip Hop Dance Copernicus Park
Pickleball LBJ Park
10:00 am
Circuit Training San Pedro Springs Park
Core Training Pearsall Park
Interval Training Pittman-Sullivan Park
10:30 am
Zumba Copernicus Park

Sunday
November 29

9:00 am
Boot Camp Southside Lions Park
10:30 am
Circuit Training Dellcrest Park

Weekly Schedule

November – December 2020

Monday November 30	Tuesday December 1	Wednesday December 2	Thursday December 3	Friday December 4	Saturday December 5
<p>9:00 am Functional Fitness Lackland Terrace Park Circuit Training Lou Kardon Park</p> <p>10:00 am Functional Fitness Lackland Terrace Park</p> <p>5:30 pm Cross Training Garza Park Boot Camp Stinson Park</p> <p>6:00 pm Kettlebell Boot Camp Barrera FC Hula Dance LBJ Park Zumba Southside Lions Park</p> <p>6:30 pm Boot Camp Woodlawn Lake Park</p> <p>7:30 pm CoRE Woodlawn Lake Park Hip Hop Dance Copernicus Park</p>	<p>8:30 am Circuit Training Normoyle Park Walking Group Commander's House</p> <p>9:00 am Interval Training Southside Lions Park</p> <p>9:30 am Zumba Gold Commander's House Stroller Barre Hardberger Park East</p> <p>10:00 am Yoga Southside Lions Park</p> <p>11:30 am Aqua Boot Camp SA Natatorium</p> <p>12:00 pm Interval Training Barrera FC</p> <p>1:30 pm Chair Yoga Commander's House</p> <p>5:00 pm Yoga Monterrey Park</p> <p>5:30 pm Total Body Toning Granados Park</p> <p>6:00 pm Interval Training Elmendorf Lake Park Boot Camp West End Park Body Bar Burn Barrera FC Core Rhythms Harlandale Park Volleyball Conditioning Woodard Park</p> <p>6:30 pm Walking Group Miller's Pond Park</p> <p>7:00 pm Core Training Elmendorf Lake Park Core Training West End Park Zumba Harlandale Park</p>	<p>8:30 am Beginner Fitness Monterrey Park</p> <p>12:00 pm Boot Camp Commander's House Park</p> <p>5:30 pm Cross Training Garza Park</p> <p>6:00 pm Hula Dance LBJ Park Beginner Tennis Fairchild Park</p>	<p>9:00 am Circuit Training Woodlawn Lake Park Beginner Line Dance Brackenridge Park</p> <p>10:00 am Yoga Woodlawn Lake Park Improved Line Dance Brackenridge Park</p> <p>11:00 am Intermediate Line Dance Brackenridge Park</p> <p>11:30 am Aqua Boot Camp SA Natatorium</p> <p>12:00 pm Interval Training Barrera FC</p> <p>5:30 pm Beginner Tennis San Pedro Springs Park Total Body Toning Granados Park</p> <p>6:00 pm Dumbbell Explosion Barrera FC Circuit Training Golden Community Park Core Rhythms Woodard Park</p> <p>6:30 pm SPEAR Training Woodlawn Lake Park Dance Mix Harlandale Park World Dance Dellview Park Walking Group Miller's Pond Park</p> <p>7:00 pm Core Training Golden Community Park Zumba Woodard Park</p> <p>7:30 pm Interval Training Woodlawn Lake Park Hip Hop Dance Copernicus Park</p>	<p>10:00 am Strength & Balance Lackland Terrace Park</p> <p>11:00 am Strength & Balance Lackland Terrace Park</p> <p>1:00 pm Home School PE Barrera FC</p> <p>5:30 pm Cross Training Garza Park</p>	<p>9:00 am Bodyweight Strength O.P. Schnabel Park SPEAR Training San Pedro Springs Park Boot Camp Pearsall Park Hip Hop Dance Copernicus Park Pickleball LBJ Park</p> <p>10:00 am Circuit Training San Pedro Springs Park Core Training Pearsall Park</p> <p>10:30 am Zumba Copernicus Park</p> <p>12:00 pm Mo' Dancing Garza Park</p>
<div>   </div> <p>Home Bodies @ SAparksandRec</p>					
<div>   </div> <p>Home Bodies @ SAparksandRec</p>					
<p>Sunday December 6</p> <p>9:00 am Boot Camp Southside Lions Park</p> <p>10:30 am Circuit Training Dellcrest Park</p>					